

**FEATURE ARTICLE – Stretch Fusion**  
***The aquatic answer to flexibility training!***

By Laurie Denomme

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Tired of waking up in the morning with aches and pains? Tired of feeling sapped of your energy by mid day? Enough is enough! It's time to think about you. Make a commitment to yourself for just 15 minutes a day and you won't be disappointed. Deciding to get started is the most difficult step to beginning any type of exercise program. Stretch fusion is the tool that is going to make it easy for you to dedicate 15 minutes to you and your health on a daily basis. You will feel inspired, filled with energy and be able to move freely with your new sense of well being from this incredible stretch experience!

You can improve your health and the way you feel by incorporating just 30 minutes of physical activity into your daily routine. Make it is easy by taking a 15 minute activity break two times a day and get moving! As a beginner or water exercise enthusiast you will be captivated by the unique approach to flexibility training taken in Stretch Fusion!

**Benefits of Flexibility:**

1. The body requires less energy to move and perform daily functions.
2. Decreased risk of injury.
3. Increased blood and nutrients to joint structures.
4. Healthy joint synovial fluid that contributes to joint health and a decrease in degenerative joint diseases.
5. Enhanced neuromuscular coordination.
6. Improved muscle balance and postural awareness.
7. Reduced risk of chronic low back pain.
8. Reduced stress and increased muscle relaxation.
9. Enhanced enjoyment and personal gratification from your exercise program.

**(American Council on Exercise Personal Trainer Manual, 1997)**

**Why Stretch Fusion?**

It is important that the type of exercise you choose to get active is something that you enjoy so that sticking to your new regime is easy. What better place to begin your journey to better health than in the soothing aquatic environment. Water provides a comfortable place to workout keeping you cool while you exercise. The water's buoyancy will support your weight so it is easy on the joints and allow the joints to achieve gains in flexibility that might not otherwise be achieved on land. Movement against the natural resistance of the water is yet another foundation upon which this program is designed allowing for a pain free stretch of the actively involved muscles.

Remove yourself from the hustle of every day routine and experience Stretch Fusion which uses elements of yoga and tai chi combined with active stretching techniques. Individual poses are paired with active movement to maintain your body temperature as you complete the routine. This unique approach to flexibility utilizes the water's magical properties, buoyancy and resistance, to achieve maximal training results. Not only will you be able to reach new lengths in your range of motion but you will reduce stress, increase self esteem, free yourself from joint and muscle pain, as you feel stronger and stand taller.

Stretch fusion is a simple, fast, yet invigorating way to start you on your path to healthy beginnings. Unwind, relax and enjoy the beautiful sounds of enchanting music that will make you feel like you are at a luxurious spa get-away. Set your mind, body and spirit free by participating in the aquatic answer to flexibility training – Stretch Fusion!

The Stretch Fusion DVD gives you three different 15 minute routines that can be done on their own or combined together for a longer workout option. Learn more and experience the benefits live with Laurie at a workshop near you!